



Chai-Spiced Shortbread Cookies

READY IN



40 min.

SERVINGS



40

CALORIES



99 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 1 tablespoon cinnamon
- ☐ 1 teaspoon fennel powder
- ☐ 2 cups flour
- ☐ 0.5 teaspoon ground cardamom
- ☐ 1.3 teaspoons ground ginger
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 Leaves ginger tea bags english

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup chocolate chips white

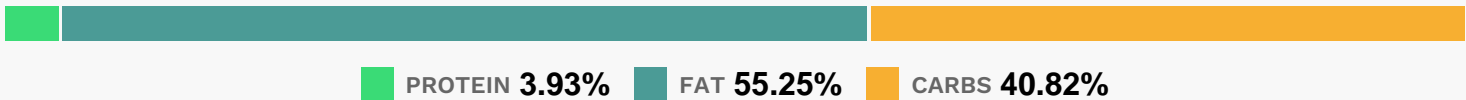
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ mortar and pestle

Directions

- ☐ Preheat oven to 35
- ☐ Beat butter, sugar, salt, and vanilla in a large bowl with a mixer until smooth. In another bowl, stir together flour, cinnamon, ginger, fennel, cardamom, and tea.
- ☐ Add to butter mixture and beat on low speed until blended. Stir in chocolate chips.
- ☐ Line 2 baking sheets with parchment paper. Set 1-tbsp. balls of dough 1 in. apart on sheets and flatten slightly with a floured glass.
- ☐ Bake until cookies are light golden on undersides, 15 to 18 minutes, switching pan positions halfway through baking.
- ☐ Transfer to racks to cool.
- ☐ *Grind in a clean coffee grinder or in a mortar.
- ☐ Make ahead: Up to 3 days, stored airtight.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:7.06, Inflammation Score:-1, Nutrition Score:1.9608695790496%

Nutrients (% of daily need)

Calories: 98.56kcal (4.93%), Fat: 6.13g (9.43%), Saturated Fat: 3.8g (23.76%), Carbohydrates: 10.19g (3.4%), Net Carbohydrates: 9.87g (3.59%), Sugar: 5.19g (5.77%), Cholesterol: 13.15mg (4.38%), Sodium: 69.85mg (3.04%), Alcohol: 0.03g (100%), Alcohol %: 0.22% (100%), Protein: 0.98g (1.96%), Manganese: 0.3mg (14.93%), Vitamin B1: 0.05mg (3.49%), Selenium: 2.43µg (3.48%), Folate: 11.94µg (2.99%), Vitamin A: 143.84IU (2.88%), Vitamin B2: 0.05mg (2.72%), Vitamin B3: 0.42mg (2.09%), Iron: 0.35mg (1.92%), Phosphorus: 16.56mg (1.66%), Calcium: 14.08mg (1.41%), Fiber: 0.32g (1.28%), Vitamin E: 0.18mg (1.22%)